

Managing Food Allergies in the Cafeteria: The Role of School Food Service Managers and Staff



Connecticut State Department of Education
Bureau of Health/Nutrition, Family Services and Adult Education
Child Nutrition Programs

Objectives

- 1. Understand the federal requirements for meal modifications in school nutrition programs**
- 2. Identify the school nutrition program's responsibilities for meal modifications**
- 3. Identify four actions school food service staff can take to maintain safe eating environments for students with food allergies**
- 4. Access food allergy resources for school food service staff**

USDA Meal Patterns

- Schools that implement the federal school nutrition programs must comply with the U.S. Department of Agriculture's (USDA) meal patterns
- School food authorities (SFAs) must make meal modification for children whose disability restricts their diet



School Nutrition Programs

- **National School Lunch Program (NSLP)**
- **School Breakfast Program (SBP)**
- **Afterschool Snack Program (ASP) of the NSLP**
- **Seamless Summer Option (SSO) of the NSLP**
- **Special Milk Program (SMP)**
- **Fresh Fruit and Vegetable Program (FFVP)**
- **Child and Adult Care Food Program (CACFP)**
At-risk Supper Program implemented in schools

Meal Modifications

- Federal nondiscrimination laws *require* meal modifications for students with a disability (physical or mental impairment) that restricts their diet
 - *case-by-case* basis to meet each child's individual needs

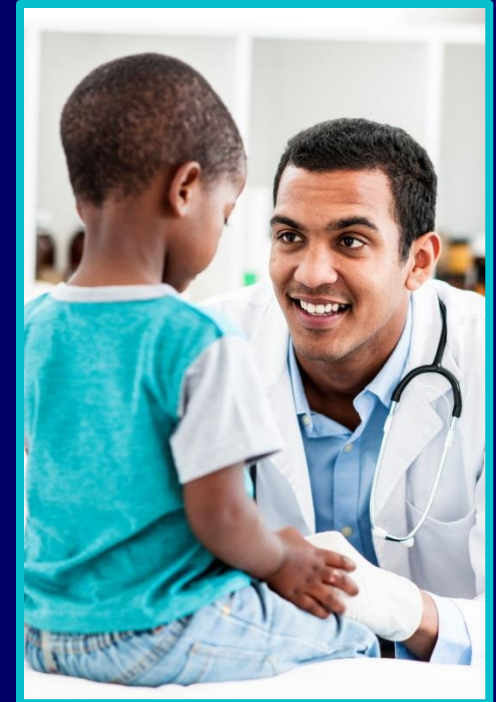


Overview of Federal Nondiscrimination Legislation



Nondiscrimination

Children with disabilities must be able to *participate in* and *receive benefits from* programs that are available to children without disabilities



Federal Nondiscrimination Legislation

Ensures children with disabilities have *access* to USDA's Child Nutrition Programs

- Section 504 of the Rehabilitation Act of 1973
- Individuals with Disabilities Education Act (IDEA)
- Americans with Disabilities Act (ADA) of 1990 and the *ADA Amendments Act of 2008*
- USDA Nondiscrimination Regulations (7 CFR 15b)



Comparison of Federal Nondiscrimination Laws

Criteria	IDEA	Section 504	ADA Amendments Act	USDA
Disability	✓	✓	✓	✓
Special Education	✓			
Meal accommodations required for disability	✓	✓	✓	✓
Federal funding	✓			

Definition of Disability (ADA)

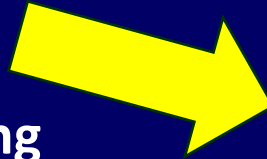
- A *physical or mental impairment* that substantially limits one or more *major life activities* of such individual
- A *record* of such an impairment
- *Being regarded* as having such an impairment



Expanded Definition of Disability

Major life activities

- Caring for one's self
- Performing manual tasks
- Seeing
- Hearing
- Eating
- Sleeping
- Walking
- Standing
- Lifting
- Bending
- Speaking
- Breathing
- Learning
- Reading
- Concentrating
- Thinking
- Communicating
- Working



ADA Amendments Act Major bodily functions

- Immune system
- Normal cell growth
- Digestive
- Bowel
- Bladder
- Neurological
- Brain
- Respiratory
- Circulatory
- Endocrine
- Reproductive

Includes conditions that are not life threatening or severe

- **A condition could be a disability even if it does not prevent or severely/significantly restrict a major life activity**
- **Individualized assessment (case-by-case basis)**

Example: A child whose digestion is impaired by a food intolerance may be a person with a disability, even if consuming the food does not cause the child severe distress

What is a disability?

Any physical or mental impairment that *prevents* a child from consuming USDA meals

■ Based on

- federal nondiscrimination laws
- recognized medical authority's *diagnosis* of child's medical condition



Definition of Recognized Medical Authority

A state-licensed health care professional who is *authorized to write medical prescriptions under state law* and is recognized by the Connecticut State Department of Public Health

- physicians
- physician assistants
- doctors of osteopathy
- advanced practice registered nurses (APRNs)
 - nurse practitioners
 - clinical nurse specialists
 - certified nurse anesthetists licensed as APRNs

How do you know if a child has disability?

- Indicated on child's *medical statement* or other applicable healthcare documentation



How do you know if a child has disability?

Documentation	Section 504	IDEA	ADA Amendments Act
504 plan	✓		
Individualized Health Care Plan (IHCP)	✓	✓	✓
Individualized Education Program (IEP)		✓	
Emergency Care Plan (ECP)	✓*	✓*	✓*
* Depends on child's medical condition			

Examples of disabilities that may require meal modifications *

- Autism
- Cancer
- Celiac disease
- Cerebral palsy
- Diabetes
- Food allergies (including non-life-threatening)
- Food intolerances, e.g., lactose, gluten
- Heart disease
- Metabolic disorders
- Obesity
- Phenylketonuria (PKU)
- Seizure disorder
- Certain temporary disabilities

* This list is *not all-inclusive* and these conditions *might not require meal modifications for all children* (case-by-case basis)

Disabilities do not include

- General health concerns
- Personal preferences
- Vegetarianism
- Religious or moral convictions



Example: Parents prefer a gluten-free diet for their child because they believe it is healthier

Example: A child does not eat certain foods for religious reasons

Disability Discrimination Related to USDA School Meals



Types of Disability Discrimination

(Violation of civil rights laws)

- Discrimination because of the disability
 - Denying benefits or opportunity to participate
 - Segregating individuals with disabilities
 - Aiding, perpetuating, or contracting with others that discriminate
- *Failure to provide a reasonable modification*
- *Ineffective communication*
- Inaccessible facilities



SFAs must ensure that discrimination does not occur

Overview of USDA Requirements for Meal Modifications



USDA Requirements for School Meals

	Disability	No Disability
Meal modification	Required	Not required
Must follow meal pattern	No	Yes
Medical Statement	Required *	Not required
* Unless modification follows meal pattern		

Medical Statement Must Include

- *Information* about child's physical or mental impairment (disability) that is sufficient to allow the school nutrition program to understand how the impairment restricts the child's diet
- An *explanation* of what must be done to accommodate the child's disability
- If appropriate, the *food or foods to be omitted and recommended alternatives*

Overview of Meal Modifications for Children with Disabilities



USDA Requirements for Meal Modifications

- USDA requires *reasonable* modifications if a disability restricts the child's diet
- Must be *documented* with a medical statement signed by a recognized medical authority



General Guideline for Reasonable Meal Modifications

SFAs must offer a *medically appropriate* and *reasonable* modification that

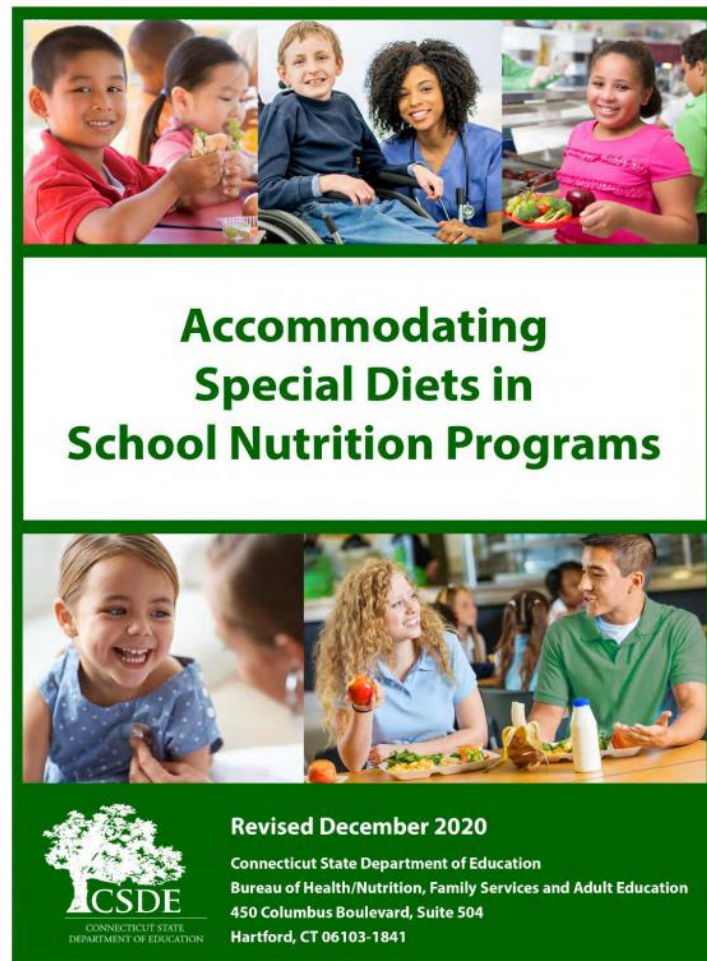
- effectively *accommodates* the child's disability
- provides *equal opportunity* to participate in or benefit from the school nutrition program



CSDE Resource

Accommodating Special Diets in School Nutrition Programs

- Detailed information and guidance on the federal and state requirements for meal modifications in the USDA's school nutrition programs



<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/SpecDiet/SpecialDietsGuide.pdf>

CSDE Webpage

Special Diets in School Nutrition Programs

- Guides (USDA and CSDE)
- Memos (USDA and CSDE)
- Summary of requirements
- Presentation
- Policy development
- Resources

The screenshot shows the official Connecticut State Website (ct.gov) for the Department of Education. The page is titled "Special Diets in School Nutrition Programs". It features a navigation menu on the left with links to "Overview", "What's Next", "Documents/Forms", "Related Resources", "Laws/Regulations", and "Contact". The main content area includes an "Overview" section with a link to "School Nutrition Programs | Program Guidance | Forms | Resources | Nutrition Education". Below this, there are sections for "Children with a Disability" and "Children without a Disability", both providing information on meal modifications. A "CSDE Guidance" section lists several links: "Allowable Milk Substitutes for Children without Disabilities", "Accommodating Special Diets in School Nutrition Programs", "CSDE Operational Memo No. 13-17: Requirements for Meal Modifications in the School Nutrition Programs", "Self-assessment of Local Practices for Special Diets in School Nutrition Programs", and "Summary of Requirements for Accommodating Special Diets in School Nutrition Programs".

<https://portal.ct.gov/SDE/Nutrition/Special-Diets-in-School-Nutrition-Programs>

Managing Food Allergies in the Cafeteria



Managing Food Allergies in the Cafeteria

- Follow the district's *food allergy management plan* for children with life-threatening food allergies
 - Connecticut General Statute 10-212c required all districts to implement a food allergy management plan by August 15, 2012
 - Must be based on the CSDE's guidelines

Guidelines for Managing Life-threatening Food Allergies in Connecticut Schools

Connecticut State Department of Education

- Includes roles and responsibilities for school food service staff



<https://portal.ct.gov/SDE/Publications/Managing-Life-Threatening-Food-Allergies-in-Connecticut-Schools>

Managing Food Allergies in the Cafeteria

- Follow other applicable district requirements and guidance
 - Food service policies
 - Standard Operating Procedures (SOPs)



Food Allergies

- Generally considered to be a disability, even if *not life-threatening* food allergy
- Can often be accommodated within the meal patterns

Example: If a child has an allergy to one fruit or vegetable, can substitute another fruit or vegetable in the child's meal



Responsibilities of School Food Service

- Provide a *safe meal* and *safe environment* to consume the meal
- Ensure modified meals *meet each child's prescribed guidelines* and are free of all ingredients suspected of causing an allergic reaction



Responsibilities of School Food Service

- Use *proper storage, preparation, and cleaning techniques* to prevent exposure to allergens through cross-contact
- Make *nutrition information* available to students, families, school nurses, and others as needed



What food service managers and staff can do



Four Key Areas for School Food Service Staff

1. Recognize students with food allergies
2. Understand how to read food labels
3. Prevent cross-contact of possible food allergens
4. Foster communication and teamwork



Managing Food Allergies: School Nutrition Staff

Institute of Child Nutrition

FOOD ALLERGY FACT SHEET

Managing Food Allergies: School Nutrition Staff

- 1. Know your district or school food allergy policy.**
 - Read your district or school food allergy policy.
 - Understand your role in keeping students with food allergies safe.
 - Know how to activate the school's emergency action plan if a student has an allergic reaction.
- 2. Be familiar with each student's medical statement and Food Allergy Action Plan.**
 - Follow the instructions in the student's medical statement.
 - Understand each student's Food Allergy Action Plan/Emergency Care Plan and keep in a place that is easy to find.
 - Seek clarification from the parent/guardian if the medical statement is not clear.
 - Know your school's system to identify students who have food allergies.
 - Keep all student information confidential.
- 3. Read ingredient labels to check for allergens (foods that can cause allergic reactions).**
 - Most ingredient labels list the major eight foods causing allergic reactions using their common name (milk, eggs, peanuts, tree nuts, wheat, soy, fish, and crustacean shellfish).
 - Check labels for warning statements such as "may contain," "produced on shared equipment," or "produced in a plant that uses." These foods should not be served to students with allergies.
 - Check labels for allergens on every product each time the product is purchased. Contact the manufacturer if the label is unclear.
 - Maintain labels for a minimum of 24 hours after the food is served.
- 4. Avoid cross contact when preparing and serving food.**
 - Wash hands with soap and water before and after each task. Using water alone or hand sanitizer alone does not remove allergens.
 - Wash, rinse, and sanitize all cookware before and after each use when preparing allergen-free foods.
 - Clean and sanitize all food contact surfaces.
 - Designate an allergy-free zone in the kitchen. When working with multiple food allergies, set up procedures to prevent cross contact.
 - Follow standardized recipes exactly as written.
 - Use serving utensils and gloves designated for allergen-free foods.
 - Clean and sanitize tables and chairs before and after each meal and as needed.



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FOOD ALLERGY FACT SHEET

For More Information

American Academy of Allergy Asthma & Immunology
www.aaaai.org

Centers for Disease Control and Prevention
www.cdc.gov

Food Allergy Research & Education
www.foodallergy.org

Food and Nutrition Information Center
www.nal.usda.gov

Food Insight (website sponsored by International Food Information Council Foundation)
www.foodinsight.org

National Food Service Management Institute
www.nfsmi.org/foodallergy

National Institute of Allergy and Infectious Diseases
www.niaid.nih.gov

National Resource Center for Health and Safety in Child Care and Early Education
www.nrckids.org

School Nutrition Association
www.schoolnutrition.org

U.S. Department of Agriculture
www.usda.gov

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<https://theicn.org/icn-resources-a-z/food-allergy-fact-sheets>

Standard Operating Procedures (SOPs): Serving Safe Food to Students with Food Allergies

Institute of Child Nutrition

HACCP-Based SOPs

Serving Safe Food to Students with Food Allergies (Sample SOP)

PURPOSE: To serve safe and nutritious meals to students with food allergies.

SCOPE: This procedure applies to child nutrition employees involved in preparing and serving food to students with food allergies.

KEY WORDS: Allergies, Cleaning, Cross contact, Handwashing

INSTRUCTIONS:

1. Follow policies and procedures of your child nutrition operation and school district.
2. Use your receiving procedures.
 - Check all ingredient labels each time a food is purchased.
 - Date each food item when received.
3. Store food items that contain allergens in a separate location from the non-allergenic items.
4. Keep ingredient labels for a minimum of 24 hours after serving the product.
5. Prevent cross contact during food preparation.
 - Wash hands before preparing foods.
 - Wear single-use gloves.
 - Use a clean apron when preparing allergen-free food.
 - Wash, rinse, and sanitize all cookware before and after each use.
 - Wash, rinse, and sanitize food contact surfaces.
 - Designate an allergy-free zone in the kitchen. When working with multiple food allergies, set up procedures to prevent cross contact within the allergy-free zone.
 - Prepare food items that do not contain allergens first. Label and store the allergen-free items separately.
 - Use a clean, sanitized cutting board when preparing food.
 - Use clean potholders and oven mitts for allergen-free foods to prevent cross contact.
6. Prevent cross contact during meal service.
 - Set aside food for students with food allergies from self-service food areas, such as salad bars, before the food is set out.
 - Use dedicated serving utensils and gloves for allergen-free foods.
 - Label items on the serving line correctly and clearly so that items containing food allergens are easily recognizable.
 - Ensure that tables and chairs are cleaned and sanitized before and after each meal and when needed.
7. Follow your school's procedures for identifying students with food allergies.



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<https://theicn.org/resources/166/food-allergy-fact-sheets/104840/serving-safe-food-to-students-with-food-allergies.docx>

1. Recognize Students



Identifying Students

- Federal laws do not allow
 - *outward identification of students* whose disability requires a meal modification

Example of unacceptable practice

- ➡ Posting student lists in public areas



Identifying Students

- Federal laws do not allow
 - asking students or parents to *relinquish confidential medical information* through outward identification



Example of unacceptable practice

- ➡ Asking students or their parents to consent to a physical designation, such as wearing a lanyard, bracelet, pin, sticker, or similar item

Identifying Students

- District policies and practices must
 - *protect privacy* of children who have a disability
 - *maintain confidentiality* of each child's medical condition



Identifying Students

- Federal laws *allow sharing* of confidential student information among school staff when there is a *legitimate educational interest*, such as meal modifications



School nurse



School food service

Recognize Students

- Follow district procedures for identifying students with food allergies
- Get to know and recognize students with food allergies



You are the first line of defense in ensuring safe meals for students!

USDA Recommended Practices

- Conduct *daily pre-service meeting* to review all daily menu items and potential allergens
 - All servers and cashiers must be able to *identify menu items* that should be avoided for certain dietary restrictions



USDA Recommended Practices

- Use *point-of-sales (POS)* cash register system
 - Watch for alerts
 - Do not allow students to take any items that might contain the allergen



USDA Recommended Practices

- Maintain students' confidentiality by focusing on *identifying meals* that meet specific dietary criteria, e.g., lactose-free, nut-free
 - Use different colored plates or trays
 - Use colored tags or labels, placards, or similar signage



USDA Recommended Practices

- Health services should provide *regular updates* for each child whose disability requires a meal modification
- Post information in locations that are *only visible to school food service staff*, such as the kitchen and behind counters and serving lines



USDA Recommended Practices

- Provide *ongoing communication with parents* to explain
 - district's procedures for meal modifications
 - school menus
 - how the cafeteria ensures allergen-free meals

- Parent forums or meetings
- District policy
- Website
- E-mails
- Newsletters
- Menu backs




2. Read Food Labels



Prevent: Keep Allergens Away

- The only way to prevent a reaction is to *avoid exposure* to the allergen



Remember: Even a tiny amount of an allergen can cause a severe and potentially life-threatening reaction

Prevention: Know What to Avoid

■ *Read* all food labels for potential food allergens

- Check labels *each time* a food is purchased

Ingredients: Whole grain oats, sugar, canola oil, peanut butter (peanuts, salt), yellow corn flour, brown sugar syrup, soy flour, salt, baking soda, soy lecithin. Contains peanut, soy. May contain almond and pecan ingredients.

■ *Check* with manufacturer if you are unsure about an ingredient

■ *Maintain* food labels and recipes on file

Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA)

- Federal law governing how allergens are represented on *packaged foods* sold in the U.S.
- Requires that food labels indicate allergens in *plain language*
- Covers the *8 major food allergens*
 - Cause 90 percent of food allergic reactions

8 Major Allergens

1. Milk
2. Eggs
3. Fish, e.g., bass, flounder, trout, cod, salmon
4. Crustacean shellfish, e.g., crab, lobster, shrimp
5. Tree nuts, e.g., almonds, cashews, pistachios, pecans, walnut, hazelnut
6. Peanuts
7. Wheat
8. Soybeans (soy)



Ways to identify 8 major allergens

1. In *ingredients list*, using allergen's common name, e.g., milk, cod, shrimp, or walnuts
2. Using the word "*contains*" followed by name of the major food allergen
 - Contains milk, wheat
3. In *ingredients list in parentheses*, when ingredient is a less common form of the allergen
 - albumin (egg)

Quick Quiz: What's in a name?

- For each ingredient, indicate which of the 8 major allergens it represents



Quick Quiz: What's in a name?

Ingredient	Allergen
Albumin	

Quick Quiz: What's in a name?

Ingredient	Allergen
Albumin	egg

Quick Quiz: What's in a name?

Ingredient	Allergen
Albumin	egg
Bulgur	

Quick Quiz: What's in a name?

Ingredient	Allergen
Albumin	egg
Bulgur	wheat

Quick Quiz: What's in a name?

Ingredient	Allergen
Albumin	egg
Bulgur	wheat
Casein	

Quick Quiz: What's in a name?

Ingredient	Allergen
Albumin	egg
Bulgur	wheat
Casein	milk

Quick Quiz: What's in a name?

Ingredient	Allergen
Albumin	egg
Bulgur	wheat
Casein	milk
Peanut protein hydrolysate	

Quick Quiz: What's in a name?

Ingredient	Allergen
Albumin	egg
Bulgur	wheat
Casein	milk
Peanut protein hydrolysate	peanuts

Quick Quiz: What's in a name?

Ingredient	Allergen
Albumin	egg
Bulgur	wheat
Casein	milk
Peanut protein hydrolysate	peanuts
Textured vegetable protein	

Quick Quiz: What's in a name?

Ingredient	Allergen
Albumin	egg
Bulgur	wheat
Casein	milk
Peanut protein hydrolysate	peanuts
Textured vegetable protein	soy

Quick Quiz: What's in a name?

Ingredient	Allergen
Albumin	egg
Bulgur	wheat
Casein	milk
Peanut protein hydrolysate	peanuts
Textured vegetable protein	soy
Vitellin	

Quick Quiz: What's in a name?

Ingredient	Allergen
Albumin	egg
Bulgur	wheat
Casein	milk
Peanut protein hydrolysate	peanuts
Textured vegetable protein	soy
Vitellin	egg

Quick Quiz: What's in a name?

Ingredient	Allergen
Albumin	egg
Bulgur	wheat
Casein	milk
Peanut protein hydrolysate	peanuts
Textured vegetable protein	soy
Vitellin	egg
Whey	

Quick Quiz: What's in a name?

Ingredient	Allergen
Albumin	egg
Bulgur	wheat
Casein	milk
Peanut protein hydrolysate	peanuts
Textured vegetable protein	soy
Vitellin	egg
Whey	milk

Precautionary Language on Food Labels

“May contain...”

“Processed in facility that also processes...”

“Made on equipment with...”

- Voluntary for manufacturers
- No laws governing or requiring these statements
- May or may not indicate if a product unintentionally contains, or has come in contact with, a specific allergen



“___-free” Statements for the 8 Allergens

- Phrases such as “peanut-free” and “egg-free” are *not regulated*

These phrases may be on products made in facilities where the allergens are present

- Always *contact the manufacturer* if you are unsure
 - Consumer hotlines

Natural Flavoring

- Catch-all term that can hide many potential food allergens
- FALCPA requires listing the 8 allergens
 - Natural flavoring (soy)
 - Contains: soy
- For other allergens, must check with manufacturer

- Spice
- Fruit or fruit juice
- Vegetable or vegetable juice
- Edible yeast
- Herb
- Bark
- Bud
- Root
- Leaf or similar plant material
- Meat
- Seafood
- Poultry
- Eggs
- Dairy products

How many of the 8 do you see?

Roasted peanuts, corn syrup, sugar, whole grain oats, dark chocolate chunks (sugar, chocolate liquor, cocoa butter, natural flavor), palm kernel oil, rice flour, almonds, whole grain wheat, fructose, cocoa, vegetable glycerin, canola oil, salt, corn starch, barley malt extract, milk, baking soda, natural flavor, mixed tocopherols added to retain freshness.

How many of the 8 do you see?

Roasted peanuts, corn syrup, sugar, whole grain oats, dark chocolate chunks (sugar, chocolate liquor, cocoa butter, natural flavor), palm kernel oil, rice flour, almonds, whole grain wheat, fructose, cocoa, vegetable glycerin, canola oil, salt, corn starch, barley malt extract, milk, baking soda, natural flavor, mixed tocopherols added to retain freshness.

☒ Peanuts ☒ Tree nuts ☒ Wheat ☒ Milk

► Check with manufacturer about natural flavor

How many of the 8 do you see?

Whole wheat flour, sugar, enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), margarine (palm oil, butter [cream, salt], water, contains 2% or less of salt, mono & diglycerides, natural flavor, citric acid, vitamin A palmitate added, beta carotene [color]), eggs, invert sugar, water, soybean oil, contains 2% or less of: mono- and diglycerides, leavening (baking soda, sodium aluminum phosphate), salt, potassium chloride, natural and artificial flavor, turmeric and annatto (color). Contains wheat, milk, eggs, soy.

How many of the 8 do you see?

Whole wheat flour, sugar, enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), margarine (palm oil, butter [cream, salt], water, contains 2% or less of salt, mono & diglycerides, natural flavor, citric acid, vitamin A palmitate added, beta carotene [color]), eggs, invert sugar, water, soybean oil, contains 2% or less of: mono- and diglycerides, leavening (baking soda, sodium aluminum phosphate), salt, potassium chloride, natural flavor, turmeric and annatto (color). Contains wheat, milk, eggs, soy.

☑ Wheat

☑ Milk

☑ Eggs

☑ Soy

(in natural flavor)

Tips for Avoiding Your Allergen

Food Allergy Research & Education (FARE)



Tips for Avoiding Your Allergen

- All FDA-regulated manufactured food products that contain a "major food allergen" (milk, wheat, egg, peanuts, tree nuts, fish, crustacean shellfish, and soy) as an ingredient are required by U.S. law to list that allergen on the product label. For tree nuts, fish and crustacean shellfish, the specific type of nut or fish must be listed.
- Read all product labels carefully before purchasing and consuming any item.
- Be aware of unexpected sources of allergens, such as the ingredients listed below.
- *Note: This list does not imply that the allergen is always present in these foods; it is intended to serve as a reminder to always read the label and ask questions about ingredients.

For a Milk-Free Diet

Avoid foods that contain milk or any of these ingredients:

butter, butter fat, butter oil, butter acid, butter esters)
buttermilk
casein
casein hydrolysate
caseinates (in all forms)
cheese
cottage cheese
cream
curds
custard
diacetyl
ghee
half-and-half
lactalbumin
lactalbumin phosphate
lactoferrin
lactose
lactulose
milk (in all forms, including condensed, derivative, dry, evaporated, goat's milk and milk from other animals, lowfat, malted, milkfat, nonfat, powder, protein, skimmed,

Milk is sometimes found in the following:

artificial butter flavor
baked goods
caramel candies
chocolate
lactic acid starter
culture and other bacterial cultures
lunchmeat, hot dogs, sausages
margarine
nisin
non dairy products
nougat

Keep the following in mind:

- Individuals who are allergic to cow's milk are often advised to also avoid milk from other domestic animals. For example, goat's milk protein is similar to cow's milk protein and may, therefore, cause a reaction in individuals who have a milk allergy.

For a Wheat-Free Diet

Avoid foods that contain wheat or any of these ingredients:

bread crumbs
bulgur
cereal extract
club wheat
cooked
cracker meal
durum
einkorn
emmer
farina
flour (all purpose, bread, cake, durum, enriched, graham, high gluten, high protein, instant, pasty, self-rising, soft wheat, steel ground, stone ground, whole wheat)
freekah
hydrolyzed wheat protein
Kamut®
matzo, matzo meal (also spelled as matzo, matzohs, or matza)
pasta
seitan
semolina
spelt
sprouted wheat
triticale
vital wheat gluten
wheat (bran, durum, germ, gluten, grass, malt, sprouts, starch)
wheat bran hydrolysate
wheat germ oil
wheat grass
wheat protein isolate
whole wheat berries

Wheat is sometimes found in the following:

glucose syrup
oats
soy sauce
starch (gelatinized starch, modified starch, modified food starch, vegetable starch)
surimi

For an Egg-Free Diet

Avoid foods that contain eggs or any of these ingredients:

albumin (also spelled albumen)
egg (dried, powdered, solids, white, yolk)
egg nog
globulin
lactin
lysozyme
mayonnaise
meringue (meringue powder)
surimi
vitamin words starting with "ovo" or "ova" (such as ovalbumin)

Egg is sometimes found in the following:

baked goods
breaded items
drink foam (alcoholic, specialty coffee)
egg substitutes
fried rice
ice cream
lecithin
margarine
marshmallows
meatloaf or meatballs
nougat
pasta

Keep the following in mind:

- Individuals with an egg allergy should also avoid eggs from duck, turkey, goose, quail, etc., as these are known to be cross-reactive with chicken eggs.
- While the whites of an egg contain the allergenic proteins, patients with an egg allergy must avoid all eggs completely.

For a Soy-Free Diet

Avoid foods that contain soy or any of these ingredients:

edamame
miso
natto
soy (soy albumin, soy cheese, soy flour, soy grits, soy ice cream, soy milk, soy nuts, soy sprouts, soy yogurt)
soy protein (concentrate, hydrolyzed, isolate)
soy sauce
tamari
tempeh
textured vegetable protein (TVP)
tofu
soy (cand, granules)

Soy is sometimes found in the following:

Asian cuisine
vegetable broth
vegetable gum
vegetable starch

Keep the following in mind:

- The FDA exempts highly refined soybean oil from being labeled as an allergen. Studies show that most allergic individuals can safely eat soy oil that has been highly refined (not cold pressed, expeller pressed, or extruded soybean oil).
- Most individuals allergic to soy can safely eat soy lecithin.
- Follow your doctor's advice regarding these ingredients.



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Tips for Avoiding Your Allergen

For a Shellfish-Free Diet

Avoid foods that contain shellfish or any of these ingredients:

bamacle
crab
crawfish (crawdad, crayfish, scampi, tonalleg)
krill
lobster (langouste, langoustine, Monton bay bugs, scampi, tonalleg)
prawns
shrimp (crevette, scampi)

Mollusks are not considered major allergens under food labeling laws and may not be fully disclosed on a product label.

Your doctor may advise you to avoid mollusks or these ingredients:

abalone
clams (cherrystone, geoduck, littleneck, pismo, quahog)
cockle
cuttlefish
limpet (lapas, ophi)
mussels
octopus
oysters
periwinkle
scallops
sea cucumber
sea urchin
snails (escargot)
squid (calamari)
whelk (Turban shell)

Shellfish are sometimes found in the following:

bouillabaisse
fish stock
seafood flavoring (e.g., crab or clam extract)
surimi

Keep the following in mind:

- Any food served in a seafood restaurant may contain shellfish protein due to cross-contact.
- For some individuals, a reaction may occur from inhaling cooking vapors or from handling fish or shellfish.

For a Peanut-Free Diet

Avoid foods that contain peanuts or any of these ingredients:

artificial nuts
beer nuts
cold pressed, expeller pressed, or extruded peanut oil
gobbers
ground nuts
mixed nuts
monkey nuts
nut pieces
nut meat
peanut butter
peanut flour
peanut protein hydrolysate

Peanut is sometimes found in the following:

African, Asian (especially Chinese, Indian, Indonesian, Thai, and Vietnamese), and Mexican dishes
baked goods (e.g., pastries, cookies)
candy (including chocolate candy)
chili
egg rolls
enchilada sauce
marzipan
mole sauce
nougat

Keep the following in mind:

- Mandelons are peanuts soaked in almond flavoring.
- The FDA exempts highly refined peanut oil from being labeled as an allergen. Studies show that most allergic individuals can safely eat peanut oil that has been highly refined (not cold pressed, expeller pressed, or extruded peanut oil). Follow your doctor's advice.
- A study showed that unlike other legumes, there is a strong possibility of cross-reaction between peanuts and lupine (or lupin). Flour derived from lupine is becoming a common substitute for gluten-containing flours. The law requires that a food product's ingredients must be listed on the label, such as "lupin" or "lupine".
- Arachis oil is peanut oil.
- Many experts advise patients allergic to peanuts to avoid tree nuts as well.
- Sunflower seeds are often produced on equipment shared with peanuts.
- Some alternative nut butters, such as soy nut butter or sunflower seed butter, are produced on equipment shared with other tree nuts and, in some cases, peanuts. Contact the manufacturer before eating these products.

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For a Tree-Nut-Free Diet

Avoid foods that contain nuts or any of these ingredients:

almond
artificial nuts
beechnut
Brazil nut
butternut
cashew
chestnut
chinquapin nut
filbert/hazelnut
glandia (a chocolate-nut mixture)
ginkgo nut
hickory nut
itchi/itchie/hychee nut
macadamia nut
marzipan/almond paste
Nangai nut
natural nut extract (e.g., almond, walnut)
nut butters (e.g., cashew butter)
nut meal
nut meat
nut paste (e.g., almond paste)
pecan
pesto
pine nut (also referred to as Italian, pignoli, pignolia, pignons, pignon, and pinyon nut)
pistachio
praline
shea nut
walnut
nut pieces

Tree nuts are sometimes found in the following:

black walnut hull extract (flavoring)
natural nut extract
nut distillates/alcoholic extracts
nut oils (e.g., walnut oil, almond oil)
walnut hull extract (flavoring)

Keep the following in mind:

- Mortadella may contain pistachios.
- There is no evidence that coconut oil and shea nut oil/butter are allergenic.
- Many experts advise patients allergic to tree nuts to avoid peanuts as well.
- Talk to your doctor if you find other nuts not listed here.
- Coconut, the seed of a drupaceous fruit, has typically not been restricted in the diets of people with tree nut allergy. However, in October of 2006, the FDA began identifying coconut as a tree nut. Medical literature documents a small number of allergic reactions to coconut, most occurred in people who were not allergic to other tree nuts. Ask your doctor if you need to avoid coconut.

For a Fish-Free Diet

Fish is sometimes found in the following:

barbecue sauce
bouillabaisse
Caesar salad
caviar
deep fried items
fish flavoring
fish flour
fish meal
fish tume (fisher gelatin)
fish oil
fish sauce imitation fish or shellfish isinglass
ludafik maw, maws (fish maw)
fish stock
fishmeal
nuoc mam (Vietnamese name for fish sauce, beware of other ethnic names)
pizza (anchovy topping)
roe
salad dressing
seafood flavoring
shark cartilage
shark fin
surimi
sushi, sashimi
Worcestershire sauce

Keep the following in mind:

- If you have fish allergy, avoid seafood restaurants. Even if you order a non-fish item off of the menu, cross-contact of fish protein is possible.
- Asian cookery often uses fish sauce as a flavoring base. Exercise caution when eating this type of cuisine.
- Fish protein can become airborne in the steam released during cooking and may cause an allergic reaction. Stay away from cooking areas when fish is being prepared.



<https://www.foodallergy.org/resources/tips-avoiding-your-allergens>

Allergen Avoidance Lists

Kids with Food Allergies (Asthma and Allergy Foundation of American)

- Peanut Allergy
- Tree Nut Allergy
- Milk Allergy
- Egg Allergy
- Wheat Allergy
- Soy Allergy

The screenshot shows the website for Kids with Food Allergies, a division of the Asthma and Allergy Foundation of America. The page is titled "Living With Food Allergies" and features a navigation menu with links to Home, About KFA, Living With Food Allergies, Recipes & Diet, Research, Get Involved, Latest News, and Community. A search bar is located in the top right corner. The main content area is titled "Allergen Avoidance Lists" and includes a section for "FOOD ALLERGENS" with links to Peanut Allergy, Tree Nut Allergy, Milk Allergy, Egg Allergy, Soy Allergy, Wheat Allergy, and Sesame Allergy. Below this, there is a section for "Allergen Avoidance Lists" which explains the FDA food allergen label law and provides a list of items that may use "hidden" names: Foods that are not regulated by the FDA, Cosmetics and personal care products, Prescription and over-the-counter medications, and Pet food, toys and crafts. It also emphasizes the importance of reading every label every time and mentions that small travel-size cards are available to print. At the bottom, there are six images representing different allergens: Peanut Allergy, Tree Nut Allergy, Milk Allergy, Egg Allergy, Wheat Allergy, and Soy Allergy. A sidebar on the left contains a link to a "FREE ONLINE COURSE Managing YOUR CHILD'S FOOD ALLERGIES" and a "FOOD ALLERGY RECALL ALERTS" section.

<https://www.kidswithfoodallergies.org/page/top-food-allergens.aspx>

Food Allergy Fact Sheets

Institute of Child Nutrition

- Egg Fact Sheet
- Fish Fact Sheet
- Milk Fact Sheet
- Peanuts Fact Sheet
- Tree Nuts Fact Sheet
- Shellfish Fact Sheet
- Soy Fact Sheet
- Wheat Fact Sheet

FOOD ALLERGY FACT SHEET

Peanut Allergies

Why should special precautions be taken with peanut allergies?
Peanuts are one of the most dangerous allergies because peanuts tend to cause particularly severe reactions. Peanut allergies account for the largest number of allergy-related deaths and the greatest incidence of anaphylaxis (a serious allergic reaction that can cause death). For some individuals, trace amounts of peanuts can cause a severe reaction. Non-ingestion contact (such as touching peanuts or inhaling peanut particles) is less likely to trigger severe reactions compared with ingestion contact. Even so, extreme caution should always be used because proximity to peanuts increases the opportunity for ingestion.

The prevalence of peanut allergies in American children tripled from 1997 to 2008. Still, approximately 20-25% of children with a peanut allergy do outgrow it.

What are the symptoms?
The most common symptoms of an allergic reaction to peanuts include:

- Eczema
- Hives
- Asthma
- Runny nose
- Digestive symptoms
- Anaphylaxis

What foods contain peanuts?
There are many unexpected sources of peanuts, so reading food labels is important to eliminate exposure to peanuts. Peanuts are often ingredients in prepared products and in ethnic cuisines, such as African, Chinese, Indonesian, Mexican, Thai, and Vietnamese. Artificial nuts can be peanuts that have been decaffeinated and recaffeinated with pecan, walnut, or almond. Mandelonas are peanuts soaked in almond flavoring.

Many items may not contain peanuts produced in a facility where peanuts are used as an ingredient. As a result, with peanuts may occur. Many snack produced in a facility where many different snack foods or many different varieties (for example, cereal bars) are produced the varieties of that product may include or peanut butter. A product that is produced in a facility with peanuts should be consumed by an individual with a peanut allergy.



National Food Service Management Institute • The University of Mississippi • 2014

FOOD ALLERGY FACT SHEET

Milk Allergies

What age group is most likely to have a milk allergy?
Two to five percent of children under the age of three have a milk allergy, and cow's milk allergy is the most common cause of allergic reactions in young children. This allergy is usually outgrown in the first few years of life, so it is more common in infants and young children than in adults.

Many proteins in milk can cause an allergic reaction. There are two main categories of proteins in milk:

1. Casein—proteins found in the solid part or curd (part of milk that curdles)
2. Whey—proteins found in the liquid part of milk (what remains after milk curdles)

What are the symptoms?
Milk allergies can cause a range of symptoms that occur within a few minutes to a few hours after exposure. Milk rarely causes anaphylaxis, which is a life-threatening allergic reaction.

Immediate symptoms of a milk allergy might include:

- Hives (urticaria)
- Wheezing
- Vomiting

Symptoms that may take more time to develop include:

- Loose stools, which may contain blood
- Diarrhea
- Abdominal cramps
- Coughing or wheezing
- Runny nose
- Watery eyes
- Itchy skin rash, often around the mouth
- Colic in babies

What foods contain milk?
Individuals with a milk allergy need to follow a completely milk-free diet to avoid possible reactions. Eliminating fluid milk and other dairy products such as cheese from the diet is obvious, but many non-dairy products and processed foods contain casein and whey (the proteins in milk). Reading food labels is important to eliminate exposure to ingredients that contain milk. Below is a list of products that contain milk and should be avoided.

- Butter
- Cheese (all types)
- Cottage cheese
- Cream
- Cream cheese
- Curds
- Custard
- Half and half
- Ice cream
- Margarine
- Milk
- Nougat
- Pudding
- Sour cream
- Yogurt



National Food Service Management Institute • The University of Mississippi • 2014

<https://theicn.org/icn-resources-a-z/food-allergy-fact-sheets>

Working with Vendors

- *Check deliveries* to ensure correct items are received
- Maintain *vendor contact* information to access food label information
- Ensure that *vendors alert school staff* before making product substitutions
 - Check all new products for potential allergens

3. Prevent Cross-Contact



What is cross-contact?

Cooking or serving different foods with the same utensils and surfaces

Prevention

- Proper handling and storage of food
- Proper cleaning of food service surfaces, equipment, pots and pans, and utensils
- Proper handwashing during food preparation and service

Example of Cross-Contact

- Lifting peanut butter cookies off the tray with a spatula, then using the same spatula to lift chocolate chip cookies off the tray



Example of Cross-Contact

- Using a knife to make peanut butter sandwiches, wiping the knife, then using that same knife to cut a grilled cheese sandwich



Prevention Food Handling

- Designate *allergen-safe* food preparation area
- Use *separate* pans and utensils during food preparation and service, such as color-coded cutting boards



Is this cross-contact?

Touching almonds then
making pasta

☐ Yes ☐ No



Is this cross-contact?

Touching almonds then
making pasta

☒ Yes ☐ No



Is this cross-contact?

Preparing different kinds of sandwiches on the same countertop

☐ Yes ☐ No



Is this cross-contact?

Preparing different kinds of sandwiches on the same countertop

☒ Yes ☐ No



Is this cross-contact?

Steam from cooking fish or shellfish touches nearby foods

☐ Yes ☐ No



Is this cross-contact?

Steam from cooking fish or shellfish touches nearby foods

☒ Yes ☐ No



Is this cross-contact?

Using the same spatula to flip a hamburger after a cheeseburger ☐ Yes ☐ No



Is this cross-contact?

Using the same spatula to flip a ☒ Yes ☐ No
hamburger after a cheeseburger



Is this cross-contact?

Cutting cheese then vegetables ☐ Yes ☐ No
on the same cutting board



Is this cross-contact?

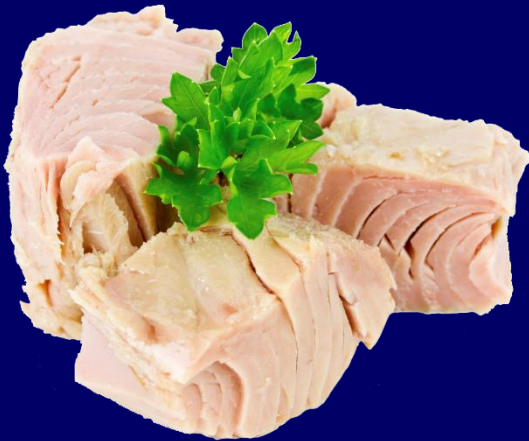
Cutting cheese then vegetables ☒ Yes ☐ No
on the same cutting board



Is this cross-contact?

Cooking fish and chicken on
the same flat-top grill or in
the same pan

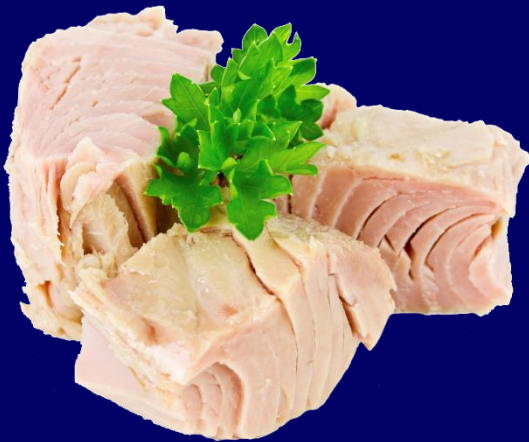
☐ Yes ☐ No



Is this cross-contact?

Cooking fish and chicken on
the same flat-top grill or in
the same pan

☒ Yes ☐ No



Is this cross-contact?

Dipping a knife used to spread
peanut butter into a jelly jar

☐ Yes ☐ No



Is this cross-contact?

Dipping a knife used to spread
peanut butter into a jelly jar

☒ Yes ☐ No



Is this cross-contact?

Milk leaks onto margarine
stored on the shelf below

☐ Yes ☐ No



Is this cross-contact?

Milk leaks onto margarine
stored on the shelf below

☒ Yes ☐ No








Prevent Cross-Contact (English)

Food Allergy Research & Education (FARE)

Prevent Cross-Contact

Keep diners with food allergies safe. Even a tiny amount of an allergen can cause a severe and potentially life-threatening allergic reaction.

Cross-Contact	Cross-Contamination
Occurs when an allergen is unintentionally transferred from one food to another	Occurs when microorganisms like bacteria contaminate food
Can cause food allergy reactions	Can cause foodborne illnesses
Proper cooking does NOT reduce or eliminate the chances of a food allergy reaction	Proper cooking may reduce or eliminate the chances of foodborne illness

-  Always wash hands and change gloves between preparing different menu items
-  Clean and sanitize surfaces between every menu item: countertops, cutting boards, flat-top grills, etc.
-  Always use clean kitchen tools for food preparation: pots, baking sheets, utensils, cutting boards, etc.
-  Prepare meals on top of barriers like cutting boards, foil, deli paper, etc.
-  **Remember:** If a mistake is made, you must start over and remake the allergy-friendly meal

Proper Cleaning to Remove Allergens



Wash with warm, soapy water



Rinse with clean water



Dry with a fresh cloth



Top 8 Allergens
But over 170 foods have caused food allergy reactions

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Sources of Cross-Contact

Cross-contact occurs when an allergen is unintentionally transferred from one food to another. Even a tiny amount of an allergen can cause a severe and potentially life-threatening reaction.

Source of Cross-Contact	Example:
Hands	<ul style="list-style-type: none"> Handling shrimp and then preparing a salad Touching almonds and then making pasta
Utensils, cutting boards, baking sheets, pots & pans	<ul style="list-style-type: none"> Using the same spatula to flip a hamburger after a cheeseburger Slicing cheese and then vegetables on the same cutting board
Preparation and cooking surfaces	<ul style="list-style-type: none"> Preparing different kinds of sandwiches on the same countertop Cooking fish and chicken on the same flat top grill
Steam, splatter, flour dust and crumbs	<ul style="list-style-type: none"> Steam from cooking fish or shellfish touches nearby foods Baking flour from pancake mix splatters onto bacon
Refrigerators, freezers and storage areas	<ul style="list-style-type: none"> Ranch dressing drips onto a vinaigrette stored on a lower shelf Milk leaks onto margarine stored on the same shelf
Deep fryers and cooking oils	<ul style="list-style-type: none"> Making french fries in a deep fryer after chicken tenders Reusing cooking oil to sauté green beans after sautéing fish
Condiments, nut butters and jelly/jams	<ul style="list-style-type: none"> Dipping a knife used to spread peanut butter into a jelly jar Touching the tip of a squeeze ketchup bottle to a breaded chicken breast
Shortcuts	<ul style="list-style-type: none"> Picking croutons off a salad Scraping eggs off a plate

Proper Cleaning to Remove Allergens



Wash with warm, soapy water



Rinse with clean water



Dry with a fresh cloth

For each new item, use clean:

Hands
Latex-Free Gloves

Utensils
Surfaces

Oil and Water
Pots/Pans/Baking Sheets



Top 8 Allergens
But over 170 foods have caused food allergy reactions

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<https://www.foodallergy.org/resources/avoiding-cross-contact>






Prevent Cross-Contact (Spanish)

Food Allergy Research & Education (FARE)

Evite el contacto cruzado

Mantenga la seguridad de los comensales con alergias a alimentos. Incluso una pequeña cantidad del alérgeno puede causar una severa reacción alérgica que puede ser mortal.

Contacto cruzado	Contaminación cruzada
Se produce cuando un alérgeno se transfiere involuntariamente de un alimento a otro	Se produce cuando los microorganismos, como las bacterias, contaminan los alimentos
Puede causar reacciones alérgicas a alimentos	Puede causar enfermedades transmitidas por alimentos
La cocción adecuada NO reduce o elimina la posibilidad de una reacción alérgica a los alimentos	La cocción adecuada puede reducir o eliminar las posibilidades de enfermedades transmitidas por alimentos

-  Siempre lávese las manos y cámbiese los guantes entre la preparación de diversos elementos del menú
-  Limpie y desinfecte las superficies entre cada elemento del menú: encimeras, tablas de cortar, parrillas, etc.
-  Utilice siempre utensilios limpios para la preparación de alimentos: ollas, bandeja de horno, utensilios, tablas de cortar, etc.
-  Prepare las comidas sobre barreras tales como tabla de cortar, papel de aluminio, papel deli, etc.
-  **Recuerde:** Si se comete un error, debe empezar de nuevo y rehacer la comida libre de alérgenos

Limpieza adecuada para eliminar los alérgenos



Lave con agua caliente jabonosa



Enjuague con agua limpia



Seque con un paño limpio



Los 8 alérgenos principales
Pero más de 170 alimentos han causado reacciones alérgicas a alimentos

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Fuentes de contacto cruzado

Fuentes de contacto cruzado	Ejemplo:
Manos	<ul style="list-style-type: none"> Trabajar con camarones y luego preparar una ensalada Tocar almendras y luego hacer una pasta
Utensilios, tablas de cortar, bandejas de horno, ollas y sartenes	<ul style="list-style-type: none"> Utilizar la misma espátula para voltear una hamburguesa sin queso luego de una hamburguesa con queso Rebanar el queso y las verduras en la misma tabla de cortar
Superficies de preparación y cocción	<ul style="list-style-type: none"> Preparar diferentes tipos de sándwiches en la misma encimera Cocinar el pescado y el pollo en la misma parrilla
Vapor, salpicaduras, polvo de harina y migas	<ul style="list-style-type: none"> El vapor de la cocción de pescado o mariscos toca alimentos cercanos La harina para hornear panques salpica en el tocino
Refrigeradores, congeladores y áreas de almacenamiento	<ul style="list-style-type: none"> El aderezo ranchero gotea en una vinagreta almacenada en un estante inferior La leche se escapa a la margarina almacenada en la misma estantería
Freidoras y aceites de cocina	<ul style="list-style-type: none"> Preparar papas fritas en una freidora luego de freír filetes de pollo Reutilizar el aceite de cocina para saltear las judías verdes después de saltear pescado
Condimentos, mantequillas y jaleas/mermeladas	<ul style="list-style-type: none"> Zambullir en un tarro de mermelada un cuchillo que se usó para untar mantequilla de maní Que la punta de una botella de catsup toque pechuga de pollo empanizado
Métodos rápidos	<ul style="list-style-type: none"> Sacar con las manos los crotones de una ensalada Raspar huevos fuera un plato

Limpieza adecuada para eliminar los alérgenos



Lave con agua caliente jabonosa



Enjuague con agua limpia



Seque con un paño limpio

Para cada nuevo elemento, debe tener limpio:

Manos
Guantes sin látex

Utensilios
Superficies

Aceite y agua
Ollas/sartenes/bandeja de horno



Los 8 alérgenos principales
Pero más de 170 alimentos han causado reacciones alérgicas a alimentos

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<https://www.foodallergy.org/resources/avoiding-cross-contact>

Standard Operating Procedures (SOPs): Preventing Cross Contamination During Storage and Preparation

Institute of Child Nutrition

HACCP-Based SOPs

Preventing Cross Contamination During Storage and Preparation (Sample SOP)

PURPOSE: To reduce foodborne illness by preventing unintentional contamination of food.

SCOPE: This procedure applies to anyone who is responsible for receiving, storing, preparing, and serving food.

KEY WORDS: Cross Contamination, Preparation, Contamination, Storage, Receiving

INSTRUCTIONS:

1. Train school nutrition employees on using the procedures in this SOP.
2. Follow state or local health department requirements.
3. Wash hands properly. Refer to the Washing Hands SOP.
4. Avoid touching ready-to-eat food with bare hands. Refer to Using Suitable Utensils When Handling Ready-To-Eat Foods SOP.
5. Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.
6. Separate different types of raw animal foods, such as eggs, fish, meat, and poultry, from each other, except when combined in recipes.
7. Store raw animal foods in refrigerators or walk-in coolers by placing the raw animal foods on shelves in order of cooking temperatures with the raw animal food requiring the highest cooking temperature, such as chicken, on the lowest shelf.
8. Separate unwashed fruits and vegetables from washed fruits and vegetables and other ready-to-eat foods.
9. Use only dry, cleaned, and sanitized equipment and utensils. Refer to Cleaning and Sanitizing Food Contact Surfaces SOP for proper cleaning and sanitizing procedure.
10. Touch only those surfaces of equipment and utensils that will not come in direct contact with food.
11. Place food in covered containers or packages, except during cooling, and store in the refrigerator or walk-in cooler.
12. Designate an upper shelf of a refrigerator or walk-in cooler as the "cooling" shelf. Uncover containers of food during the initial quick cool-down phase to facilitate cooling.



1

<https://theicn.org/resources/181/food-safety-standard-operating-procedures/105698/preventing-cross-contamination-during-storage-and-preparation.docx>

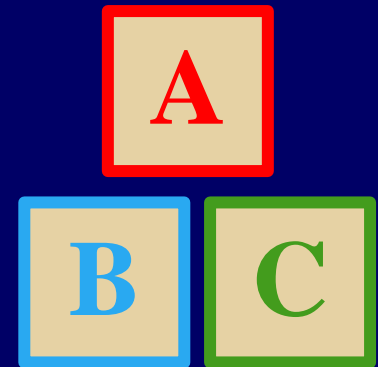
Prevention: Effective Hand Washing

- Use proper hand washing in the kitchen
- Encourage students, school staff, and volunteers to wash hands before and after handling or consuming food



Prevention: Effective Handwashing

1. Wet hands with clean running water and apply soap
2. Rub hands together, scrubbing backs of hands, between fingers, and under nails for *20 seconds*
 - Amount of time to sing “ABC” song
3. Rinse hands under running water
4. Dry hands using a clean towel or air dry them



Not Effective in Removing Allergens

- Alcohol-based hand sanitizers
- Washing with water alone



Standard Operating Procedures (SOPs): Washing Hands

Institute of Child Nutrition

HACCP-Based SOPs

Washing Hands (Sample SOP)

PURPOSE: To prevent foodborne illness by contaminated hands.

SCOPE: This procedure applies to anyone who handles, prepares, and serves food.

KEY WORDS: Handwashing, Cross Contamination

INSTRUCTIONS:

1. Train school nutrition employees on using the procedures in this SOP.
2. Follow state or local health department requirements.
3. Post handwashing signs or posters in a language understood by all school nutrition employees near all handwashing sinks, in food preparation areas, and restrooms.
4. Use designated handwashing sinks for handwashing only. Do not use food preparation, utility, and dishwashing sinks for handwashing.
5. Provide warm running water, soap, and a means to dry hands. Provide a waste container at each handwashing sink or near the door in restrooms.
6. Keep handwashing sinks accessible anytime employees are present.
7. Wash hands:
 - Before starting work
 - During food preparation
 - When moving from one food preparation area to another
 - Before putting on or changing gloves
 - After using the toilet
 - After sneezing, coughing, or using a handkerchief or tissue
 - After touching hair, face, or body
 - Eating, drinking, or chewing gum
 - After handling raw meats, poultry, or fish
 - After any clean up activity such as sweeping, mopping, or wiping counters
 - After touching dirty dishes, equipment, or utensils
 - After handling trash
 - After handling money
 - After any time the hands may become contaminated



1

<https://theicn.org/resources/181/food-safety-standard-operating-procedures/105741/washing-hands.docx>

Prevention: Cleaning Procedures

- Properly clean and sanitize any surfaces used for preparation and service of meals *
 - work surfaces
 - utensils
 - pots and pans
- Wash tables and chairs before each meal period *



* Use hot soapy water or all-purpose cleaning agents

Follow Proper Cleaning Procedures

- Clean work surface areas, counters, and cutting surfaces thoroughly between uses

Example: Clean slicer thoroughly after slicing cheese before slicing other foods

- Cheese protein on the slicer can contaminate the next food sliced



Follow Proper Cleaning Procedures

- Clean work surface areas, counters, and cutting surfaces thoroughly between uses

Example: *Wash trays or cookie sheets after each use*

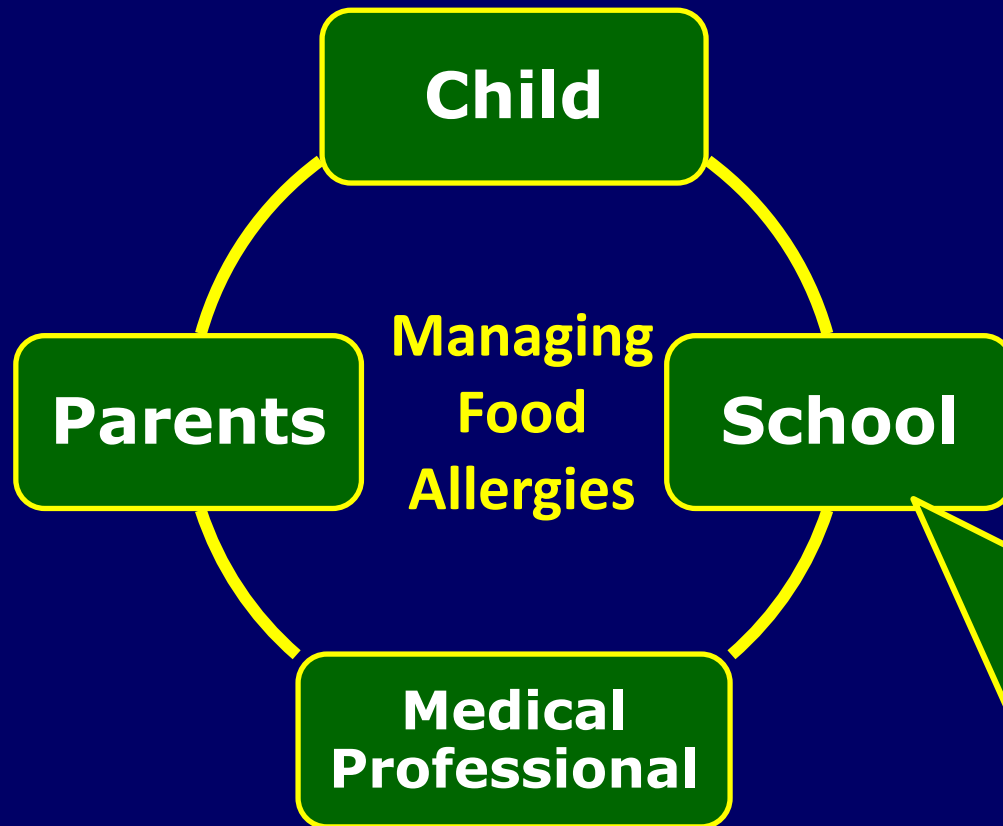
- Oils can seep through liners and contaminate the next food cooked on the tray or cookie sheet



4. Foster Communication and Teamwork



Inclusive Team Approach



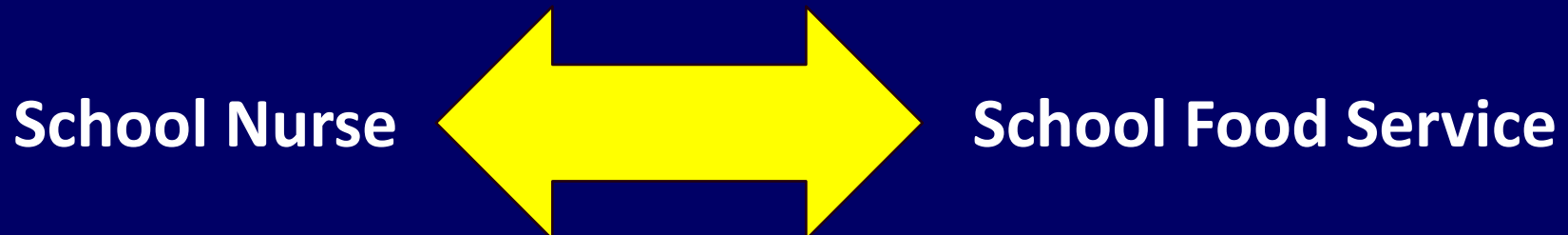
- School administrators
- School nurse and other medical personnel
- School dietitians
- *School food service staff*
- Cafeteria aides
- Teachers
- School counselors and other mental health services
- Bus drivers and school transportation staff
- Faculties and maintenance staff
- Coaches
- Other relevant school staff

Good communication is essential for providing a safe environment for students with food allergies



Communicate: Student's Diet Plan

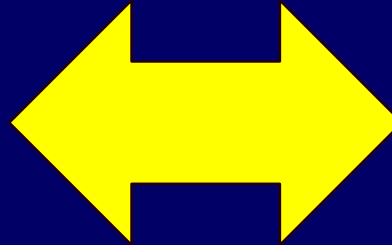
- Understand what you need to do to follow the student's medical statement
- Ask questions



Communicate: Student's Diet Plan

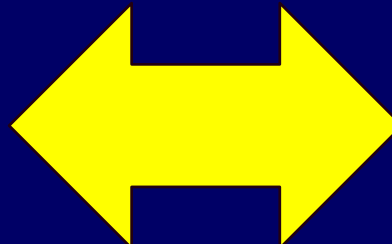
- Help communicate information to *all food service staff* involved with managing a student's food allergy

School food
service managers



School food
service staff

School food
service staff



School food
service staff

Communicate: Food Label Information

- Share information about ingredients in recipes and foods served by the school food service program
 - students
 - parents
 - school nurses
 - others as needed
- Provide advance copies of menus for parents to use in planning



Update your knowledge: A few more resources



Food Allergy Research & Education (FARE)

Food Allergies: Keeping Students Safe and Included

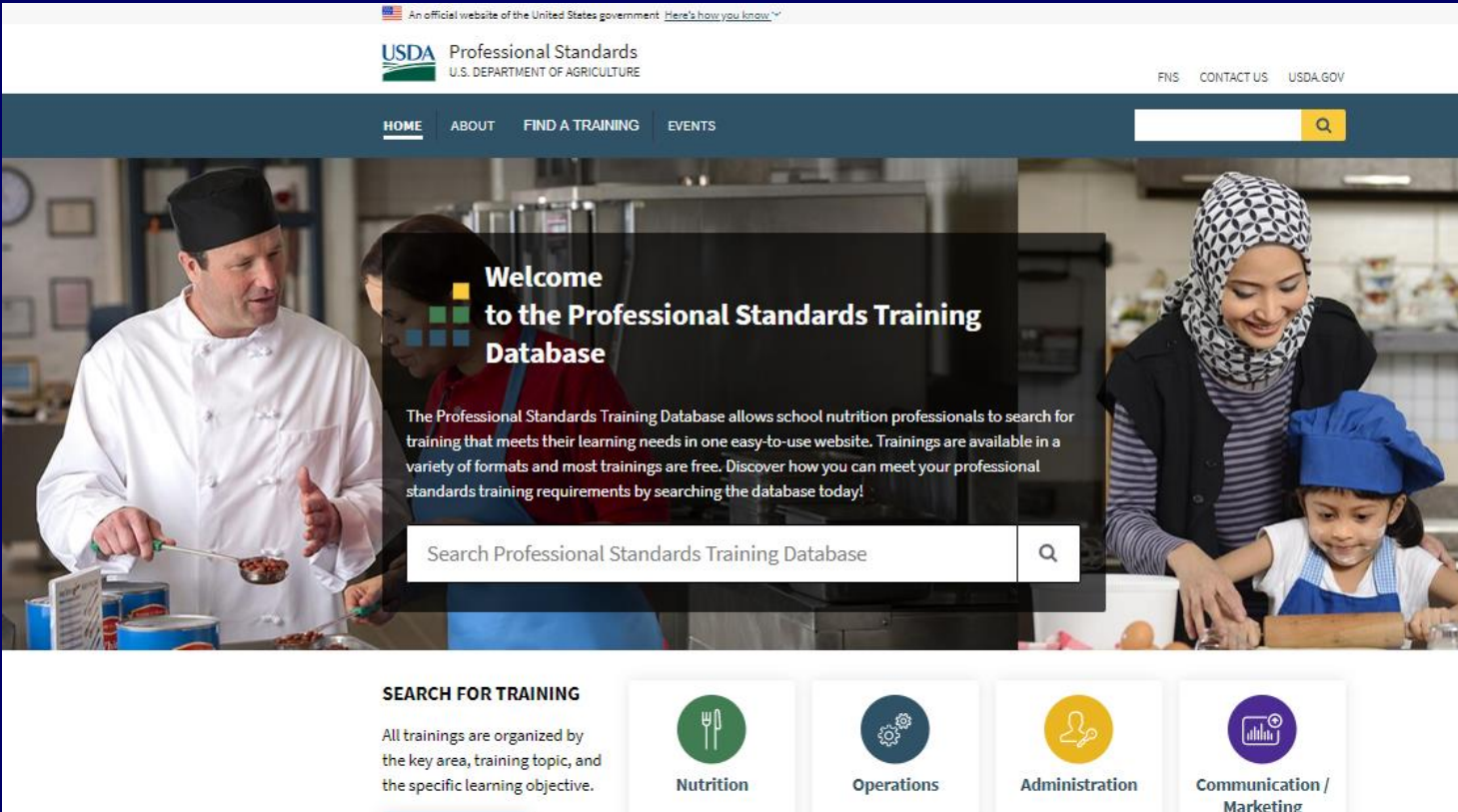
- Online
- 30 minutes
- Free



<https://www.foodallergy.org/keeping-students-safe-and-included>

USDA Professional Standards Database

Searchable database



An official website of the United States government [Here's how you know](#)

USDA Professional Standards
U.S. DEPARTMENT OF AGRICULTURE

FNS CONTACT US USDA.GOV

[HOME](#) [ABOUT](#) [FIND A TRAINING](#) [EVENTS](#)

Welcome to the Professional Standards Training Database

The Professional Standards Training Database allows school nutrition professionals to search for training that meets their learning needs in one easy-to-use website. Trainings are available in a variety of formats and most trainings are free. Discover how you can meet your professional standards training requirements by searching the database today!

Search Professional Standards Training Database

SEARCH FOR TRAINING

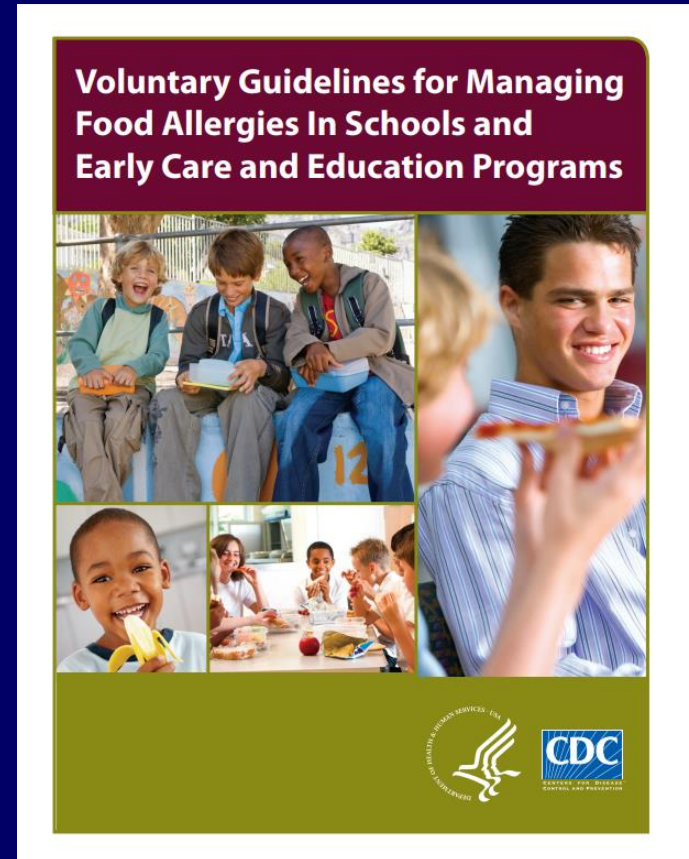
All trainings are organized by the key area, training topic, and the specific learning objective.

- Nutrition**
- Operations**
- Administration**
- Communication / Marketing**

<https://professionalstandards.fns.usda.gov/>

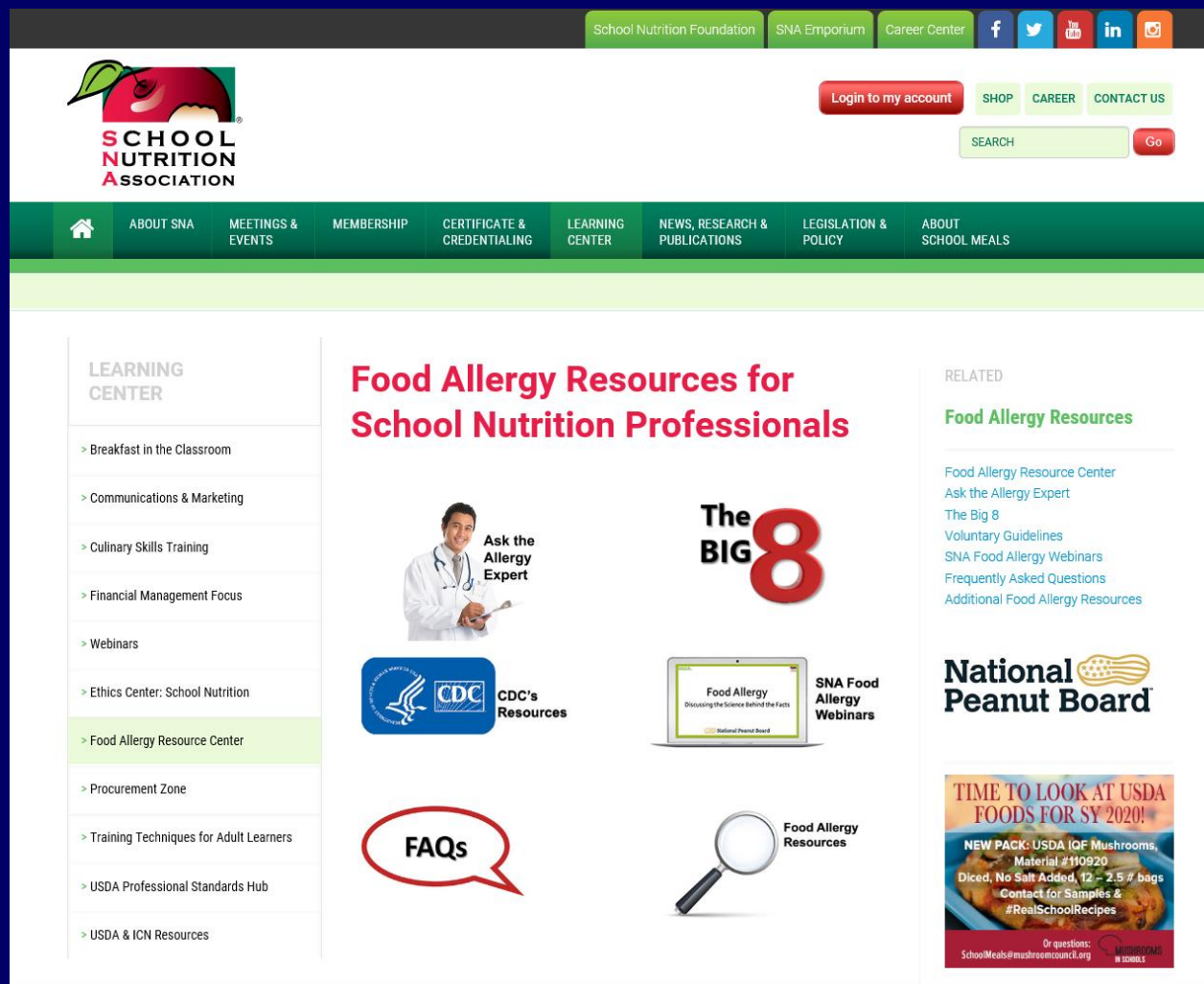
Centers for Disease Control and Prevention (CDC)

Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs



https://www.cdc.gov/healthyschools/foodallergies/pdf/13_243135_A_Food_Allergy_Web_508.pdf

SNA Food Allergy Resources Website



The screenshot displays the SNA Food Allergy Resources Website. At the top, a navigation bar includes links for School Nutrition Foundation, SNA Emporium, Career Center, and social media icons. Below this is the SNA logo and a search bar. A secondary navigation bar lists various website sections. The main content area features a 'Food Allergy Resources for School Nutrition Professionals' heading, a 'The BIG 8' graphic, and several resource links including 'Ask the Allergy Expert', 'CDC's Resources', 'SNA Food Allergy Webinars', 'FAQs', and 'Food Allergy Resources'. A 'RELATED' section on the right lists additional resources like 'Food Allergy Resource Center' and 'The Big 8'. At the bottom right, there is a promotional banner for 'TIME TO LOOK AT USDA FOODS FOR SY 2020!' featuring USDA IQF Mushrooms.

Food Allergy Resources for School Nutrition Professionals

The BIG 8

Ask the Allergy Expert

CDC's Resources

SNA Food Allergy Webinars

FAQs

Food Allergy Resources

RELATED

Food Allergy Resources

Food Allergy Resource Center
Ask the Allergy Expert
The Big 8
Voluntary Guidelines
SNA Food Allergy Webinars
Frequently Asked Questions
Additional Food Allergy Resources

National Peanut Board

TIME TO LOOK AT USDA FOODS FOR SY 2020!

NEW PACK: USDA IQF Mushrooms, Material #110920
Diced, No Salt Added, 12 - 2.5 # bags
Contact for Samples & #RealSchoolRecipes

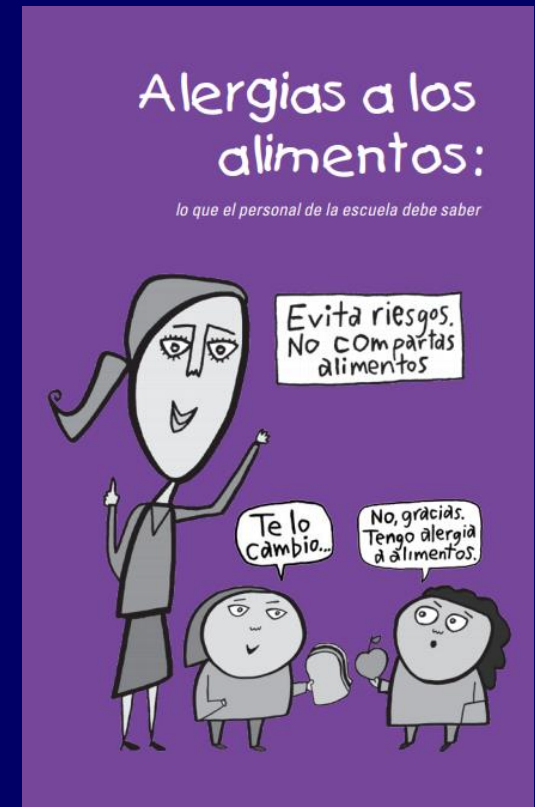
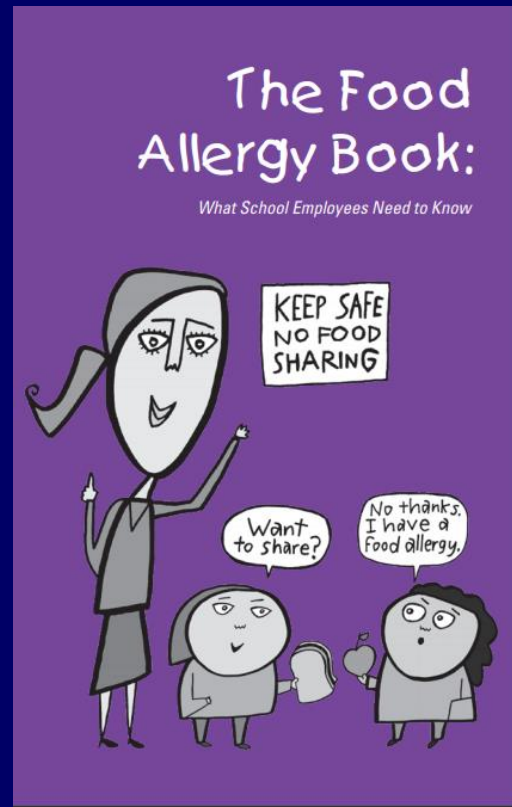
Or questions: SchoolMeals@usdashroomcouncil.org

<http://schoolnutrition.org/learning-center/food-allergy/>

The Food Allergy Book

National Education Association

- English
- Spanish



<https://www.fns.usda.gov/ofs/food-allergy-book-what-school-employees-need-know>

**Despite the
challenges and
frustrations,
remember the goal!**



CSDE School Nutrition Programs Staff

County	Consultant
Fairfield County (includes Region 9) Litchfield County (includes Regions 1, 6, 7, 12, and 14)	Fionnuala Brown fionnuala.brown@ct.gov 860-807-2129
Hartford County (includes Region 10) Middlesex County (includes Regions 4, 13, and 17)	Teri Dandeneau teri.dandeneau@ct.gov 860-807-2079
New Haven County (includes Regions 5, 15, and 16) New London County Tolland County (includes Regions 8 and 19) Windham County (includes Region 11)	Susan Alston susan.alston@ct.gov 860-807-2081
For a complete listing of the CSDE's Child Nutrition Programs staff and assignments, review the CSDE's resource, <i>Child Nutrition Staff and Responsibilities</i> .	

Connecticut State Department of Education
 Bureau of Health/Nutrition, Family Services and Adult Education
 450 Columbus Boulevard, Suite 504
 Hartford, CT 06103-1841

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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